

Adult Craft: Fluid Painting

Supplies

- 3 paint colors
- 5 cups (these are 3 ounce cups)
- Floetrol (POUR GENTLY, it moves quick. YOU DON'T NEED MUCH—I will help if you don't have a steady hand)
- 1 canvas
- Gloves or an apron if you want

Directions

1. Write your name on the back of the canvas
2. Push up your sleeves, and remove any dangling scarves that might drag in paint
3. Choose 3 paint colors, and white or black
4. Mix each color in a 1:1 ration with the floetrol—DO NOT FILL THE CUP more than 1/4 the way full
5. Use a stick to mix, and pour gently, and mix well
6. MAX 3 OUNCES WHEN ALL PAINT AND FLOETROL ARE COMBINED
7. Pour each of your colors a little at a time in layers starting in the center of the cup
8. DO NOT STIR THIS CUP, let the colors pool around each other. This is where your design comes from.
9. When your cup is full, let it sit flat on the table
10. Place your canvas front side down over the top of the cup
11. Flip the cup and the canvas over and set the canvas down, propped up by your other paint cups at the corners
12. Leave the cup there a moment to let the paint settle, tap the bottom of the cup gently
13. SLOWLY remove the cup STRAIGHT UP
14. Let the paint flow as it will
15. As the paint slows its pooling, tilt to spread the paint around to cover the remainder of the canvas
16. Try to avoid touching the paint with your fingers to prevent smudging
17. Carry to the drying table and leave propped up on cups to drip dry overnight.
18. Come back in a day or so to pick up the dry painting.

